

The Woman Within Quiz

HOW THIS WORKS:

You're about to meet a part of yourself...

Now, it's not a "type" or a personality label. This is a part - a version of you that shows up automatically when life gets loud, when someone gets close, when you're overwhelmed and don't have time to think. The thing about this part within is that she's actually been trying to protect you your whole life. You just haven't been introduced properly yet.

HOW TO TAKE THIS QUIZ:

Read each scenario below, and pick the answer that sounds **most** like you... not who you *want* to be, but rather, who you actually *are* on a hard day. Then tally up your answers and whichever letter you picked most = your result, and then you will jump to that page and meet her - the woman within.



(Two truths before we start: you might see a little of yourself in more than one... and whichever one you land on isn't the "worst" one.. she's just the one working hardest right now.)

The Woman Within Quiz

It's Sunday night.. There's something you've wanted to change for a while - something like finally setting a boundary with someone, leaving a job that's not it anymore, or starting the thing you keep saying "soon" to. You've thought about it again today. What actually happens next?

A B C D E F

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- a) You go to bed and lie there running through worst-case scenarios until you talk yourself back out of it. You know exactly what you should do and you still don't do it.
- b) You think "I'll deal with it once things calm down for everyone around me" - and somehow things never calm down.
- c) You open your notes app and build the plan, the routine, the schedule, the 5am wake-up call. By Thursday you're exhausted and back to square one..
- d) You shrug it off and decide this is just who you are - and if that's hard for anyone else to accept, that's on them, not you
- e) You open eleven tabs comparing every possible approach, and somehow the research becomes the whole project - you never actually start.
- f) You've quietly already started, things have been happening in small ways, without telling anyone or turning it into a big announcement.

You've got plans with a friend that you've been looking forward to all week - and thirty minutes before, they text to cancel. What's your honest, unfiltered first reaction, before you've had time to compose yourself?

A B C D E F

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- a) A little jolt of "wait, did I do something? Is she upset with me?" - even though nothing points to that.
- b) "No stress at all!! all good, another time!!" - while you're already quietly rearranging the rest of your day/week around the gap this change has left.
- c) A wave of relief, immediately followed by guilt for feeling relieved - and then you decide to "use the time productively" instead of taking some time for you.
- d) Honestly? A little glad. You weren't fully looking forward to being that available for them anyway.
- e) You go straight into logistics mode - rescheduling, texting other options, figuring out the new plan before you've even processed the cancellation.
- f) You feel a flicker of disappointment, let it be there for a second, and then it passes - no spiral, no story attached. It is what it is.

The Woman Within Quiz

Someone new starts to get to *really* know you - the actual you, not just the put-together version, all the messy parts too. Maybe it's a new partner, a new friend, even a coach or therapist. What's the move your body makes automatically?

A B C D E F

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- a) You get hyper-alert, like some internal radar just switched on, quietly scanning for any sign that this isn't safe.
- b) You turn the conversation back to them immediately - how are **they** doing, what do **they** need - before they can dig any deeper into you.
- c) You find yourself listing everything you've achieved lately, almost like you need to prove you've earned this level of closeness.
- d) You start finding little reasons it's not quite right - bad timing, they're "too much," something feels off, and you use that as an excuse to pull back a bit.
- e) You start managing the pace of it - how quickly you text back, how much you let them in, when you'll allow yourself to open up more.
- f) You let it happen, imperfectly and a little awkwardly, without needing to control how it unfolds or where it ends up.

It's 11pm on a weeknight. You're tired - genuinely, dead-tired - but you're still up, still doing "one more thing." What's actually keeping you from just going to bed?

A B C D E F

○ ○ ○ ○ ○ ○

- a) If you stop moving, you're not sure what shows up in the quiet - so staying busy feels safer than sitting still.
- b) There's always one more message to answer, one more thing someone else needs from you before you're allowed to switch off.
- c) Going to bed before everything's done feels like falling behind. You tell yourself you'll rest "once this is finished" ... it's never quite finished.
- d) Rest isn't really your thing. Stillness makes you restless in a way that's almost worse than being tired, so you just keep moving instead.
- e) You're finishing something because it has to be exactly right before your brain will let you switch off - leaving it imperfect feels unbearable.
- f) You actually went to bed on time tonight, or close to it - you've learned where your limit is and you mostly honour it now.

The Woman Within Quiz

A friend, partner, or colleague gently gives you feedback.. it's nothing harsh, it's genuinely kind, and maybe even something you asked for. What's happening underneath your reaction, even if your face stays calm?

A B C D E F

○ ○ ○ ○ ○ ○

- a) Your stomach drops a little, even though they were kind about it - it's like this one comment means something's wrong with you as a whole person, not just with the one thing they mentioned.
 - b) You're apologising before they've even finished the sentence - even when, looking back, you know you didn't really do anything wrong.
 - c) You mentally file it away as one more item on the ever-growing list of things you need to fix about yourself.
 - d) You feel your guard go up fast - maybe you get defensive, maybe you even just shut the conversation down and change the subject.
 - e) You want every detail - exactly what, how much, compared to what standard so you can control precisely how you fix it. The more details, the better.
 - f) You actually sit with it for a moment, take what's useful, and let the rest go without it snowballing into anything bigger.
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Think about the last time you felt like you had everything under control - What did that control actually give you, underneath the surface?

A B C D E F

○ ○ ○ ○ ○ ○

- a) A sense that nothing bad was about to blindside you - it gave you proof, even if temporary, that you were safe.
- b) The reassurance that no one around you was going to have to struggle, because you were the one holding everything all together.
- c) A kind of quiet evidence that you were enough - like you'd earned your place by managing it all so well.
- d) Honestly, it was a bit of a shield. If you're the one in control then people can't get close enough to actually hurt you.
- e) Certainty. Not knowing what's coming next might be the most uncomfortable feeling you know. And you can do it best, right?
- f) Control isn't really where your sense of safety comes from anymore - you can feel steady even when things are uncertain.

The Woman Within Quiz

Picture actually having what you say you want... the relationship, the slower life, the version of your life you daydream about on your commute. What's the very first thing that comes up when you sit with that image?

A B C D E F

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- a) "What if I finally get it, and then I lose it" - a low hum of dread underneath the daydream.
- b) "I'd feel selfish, wanting this much just for me" - like wanting it that badly is somehow the problem.
- c) "I haven't earned it yet" - like there's still more proving to do before you're allowed to have it.
- d) You notice you don't actually let yourself want it fully - it feels too uncomfortable to want something that openly.
- e) "I need to know exactly how it could all happen" before you can let yourself truly want it at all.
- f) Genuine, uncomplicated excitement - with room for it to look a little different than you pictured, and that's okay.

Strip away your achievements, your roles, the being-needed-by-everyone... on your hardest, most honest days, what do you actually believe about yourself underneath all of that?

A B C D E F

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- a) That the world isn't fully safe, and being truly seen isn't either - so some part of you stays guarded, always.
- b) That your worth is tied to how much you're holding for other people - and if you stopped holding it all, you'd stop mattering.
- c) That you're only as good as your last accomplishment, and the bar always resets the moment you reach it.
- d) That love eventually leaves, one way or another - so it's safer not to let it all the way in.
- e) That if you're not the one managing everything, it will all fall apart - and that responsibility sits on you.
- f) That you're allowed to just be - not proving anything, not performing for anyone, not bracing for impact. You're just here being human.

The Woman Within Scores

COUNT YOUR LETTERS

Whichever you picked most is your result.

Mostly A's → "The Guardian"

Mostly B's → "The Good Girl"

Mostly C's → "The Achiever"

Mostly D's → "The Closed Door"

Mostly E's → "The Planner"

Mostly F's → "The One Who Already Knows"

BEFORE WE GO ANY FURTHER...

Before we get into your results, I really want to pause here for a second.

If what you read in this quiz felt uncomfortably accurate, please know: you are not broken. Nothing in here is any kind of diagnosis, and there is *nothing* wrong with you. What you're about to see is a picture of the parts of you that have been working incredibly hard, often very quietly, behind the scenes of decisions and behaviours to simply keep you safe.

So what do we mean by "parts"? Think of yourself not as one fixed personality, but as a whole inner world made up of different parts of you that show up depending on what you need. Some parts plan, some parts please, some parts go quiet and some parts push you to keep achieving and doing more. These are roles that you learned to play, usually a long time ago, because at some point they worked growing up.

And "parts work" simply means getting curious about these roles instead of judging them. This is not about fixing yourself. It's about turning toward these parts with compassion, and asking, "What are you trying to protect me from?"

Because that's just it - underneath all of this: your body and mind were designed to protect you. Every part you'll read about below is a version of that protection in action. This is the woman within. The more you can meet her with awareness instead of shame, the more choice you have. So, let's take a look.

The Woman Within Results

Mostly A's - THE GUARDIAN

Protector: Fear & Safety

You scan for danger before you even realise you're doing it.

You've had the plan for months, you made the vision board, you've got the notes app draft, the "I'm doing this in Monday" attitude - and somehow it's still not done.

This part of you isn't lazy or scared in the way that people mean it when they say "just be brave." This part is more like a security guard who's clocked in 24/7. She's the reason you re-read the same email three times before sending it, the reason you know the risks of every option before you've even said yes to any of them. She's quiet, watchful, always one step ahead, and checking the exits. She's the reason you know exactly what to change, and still can't quite make yourself do it. Underneath the "I know what I need to do," there's a much older, quieter belief saying: not yet. it's not safe yet.

Here's what she needs you to know.. She was never trying to hold you back. She was trying to keep you alive. Somewhere, safety and staying still got wired together in her, and she's been standing guard ever since.

One thing to try: Next time you catch yourself stalling on something you actually want, don't push past her... that just makes her hold on tighter. Ask her, even if it feels silly: "what are you scared will happen if I do this?". Let her actually answer. Most of the time, being asked is enough to loosen her grip a little.

I protect.

The Woman Within Results

Mostly B's - THE GOOD GIRL

Protector: The Caretaker

You are so good at making sure everyone else is okay that you've forgotten to check on you.

Someone asks "how are you?" and "I'm good!" is out of your mouth before your brain even checks in with your body.

This part of you learned early that being needed was safer than being wanted. That love had to be earned by being easy, agreeable, low-maintenance, never the one with the problem. So she keeps offering to help before anyone asks. She keeps smoothing over the tension in the room, keeps saying "I'm fine", and keeps a mental list of everyone else's needs that's somehow longer than her own.

She's the one who says "it's fine, don't worry about it" about the thing that actually really bothered her. Who apologises for taking up space in a conversation she was invited into. Who can tell you exactly what everyone around her needs, but goes blank when someone asks her what she needs. She'll rearrange her whole day for someone else's emergency without a second thought, then feel guilty for even considering asking for the same in return.

She's not weak, and she's not "just a people pleaser". She's exhausted. She's been carrying a weight that nobody asked her to carry alone, for a lot longer than you probably give her credit for. Somewhere along the way, she started believing that if she ever stopped holding it all, everything, including how people feel about her, might fall apart.

I do what I should.

I earn love by being good.

One thing to try: Today, notice the exact moment you're about to say "I've got it" or "don't worry about me" - and just pause before the words come out. You don't have to change your answer. Just notice how automatic the "yes" is

The Woman Within Results

Mostly C's - THE ACHIEVER

Protector: Worth & Enoughness

Rest doesn't feel like rest to you. It feels like falling behind and not doing enough.

You finish the to-do list and, within about ten minutes, you've already made a new one.

This part built her whole sense of worth on doing more, being more, producing more and proving more - because somewhere along the way "enough" started meaning "earned," and she's been earning it ever since. A finished project buys her a couple of hours of quiet and then the noise just starts back up: okay, what's next.

She's the one who feels a niggling of guilt on a day off, even when there's nothing she actually needs to be doing. Who says "I'll rest once I get through this week" and then the next week comes, and the goalpost moves again. Who can list every accomplishment from the last five years off the top of her head but goes quiet when asked what she actually enjoys doing, or who she is when there's nothing to prove. She measures a good day by how much she got through, not by how she felt while doing it.

The cruel part is there's no version of a finish line, or "done" that actually satisfies her... Not the promotion, not the fully-booked calendar, not the praise, not even hitting the goal she swore would finally make her feel like enough. There's always a next thing waiting. It wasn't even about hitting a goal, it was really about a feeling she's been chasing that a task was never going to give her in the first place.

I push.

I do more, achieve more, prove more.

One thing to try: Pick one thing you finish today - just one - and before you move to the next task, physically pause and let yourself feel finished with it. Ten seconds. That's the whole ask. She's not used to the pause, so give her the practice of just a few small moments. It will get easier over time.

The Woman Within Results

Mostly D's - THE CLOSED DOOR

Protector: Vulnerability

You keep people close enough to want you and far enough that they can't really reach you.

This part is the one who suddenly gets "busy" right as someone starts to matter to you. Things start going really well with someone, and that's usually right around when you start finding reasons it won't work. The part who finds the flaw the moment things feel good. Who calls it independence, high standards, not needing anyone - when really, it's just armour. Somewhere, she learned that closeness comes with a cost, so she keeps an exit within reach, just in case.

But it isn't only about romance - it's about being seen, full stop. She's the one who answers "how are you, really?" with "honestly so good, just busy!" while quietly unravelling underneath it, because admitting you're struggling feels far riskier than just handling it alone. She's the friend everyone calls when they're falling apart, but who goes quiet or changes the subject the second attention turns to her.

She's the one who lets a friendship slowly fade - stops initiating, stops replying as fast, finds reasons to cancel - right around the point it would've asked something real of her: a shared vulnerability, an actual need, an "I'm not okay right now." Staying a little unreachable feels safer than risking someone getting close enough to see the parts of her that aren't put together.

She's not cold, and she's not incapable of love or connection. She's protecting something soft that got hurt once like by someone leaving, judging, or simply not showing up when it mattered and so she quietly decided: never again.

*I shut down.
I disconnect to survive.*

One thing to try: Next time you feel the pull to create distance from someone who's actually being kind to you, don't act on it right away. Just notice the urge and name it, even just in your head: "there's the door closing." Naming it is the first crack in it.

The Woman Within

Mostly E's - THE PLANNER

Protector: Control

If you can just plan for every outcome, nothing can blindside you. You've read the reviews, checked the weather, made the backup plan for the backup plan - and you're still not sure you can relax.

This part runs on certainty. She's the one googling at midnight. She's the one with the itinerary before the trip is even booked, thinking three steps ahead for people who aren't even thinking one step ahead for themselves. The one who's already thought through what could go wrong in the meeting tomorrow, the conversation next week, the thing that hasn't even happened yet. She reads the fine print. She double-texts to confirm the plan is still the plan. She has a mental (or literal) list of everyone else's schedules, allergies, and moods, because someone has to hold it all and it might as well be her, because at least then it's held properly.

If she can just know enough, prepare enough, plan for enough outcomes then nothing can blindside her again. At some point, control started to feel like the only safety she could actually count on. Uncertainty doesn't just feel uncomfortable to her. It feels dangerous.

The exhausting part is that control is a full-time job with no end date and no day off - because life, by its very nature, isn't going to stay controlled. So, she can plan the day, the event, the trip, the conversation down to the last detail, and something can still change last-minute. And so when it does, she doesn't just feel inconvenienced. She feels unsafe.

One thing to try: Pick one small, low-stakes thing today and deliberately leave it unplanned. Let it be a little messy. Notice what happens in your body. That discomfort isn't a problem to fix - it's just information. Can you just notice and be with that part of you today.

The Woman Within Results

Mostly F's - THE WOMAN WHO ALREADY KNOWS

You still have hard days. You just don't spend them at war with yourself anymore. You're in a relationship with yourself.

You guessed it.. this isn't a protector - this is what's underneath all of them, once they've been heard instead of fought, silenced or shamed into behaving. Now, it doesn't mean you've "arrived" and will never need support again. It means you've done real, honest work - and it shows.

She can still feel fear. She still gets tired, still has the occasional 2am spiral, still has days she doesn't want to adult. The difference isn't that the hard stuff stopped happening. The difference is what happens inside her when it does. She doesn't need to disappear into people-pleasing to feel safe. She doesn't need to hustle her worth into existence. She doesn't need to close off her heart the second someone gets close, or control every variable just to breathe easy. She's not doing any of that anymore because she trusts herself enough to handle whatever shows up, one moment at a time.

That's the whole thing, actually. Trust. Trust that she'll catch herself if she falls. Trust that she can feel something hard and not fall apart. Trust that she doesn't need to earn her place, guard her heart, or control the outcome to be safe in her own life. She makes decisions from desire now instead of fear. She rests without guilt trailing behind it. She says no without the three-paragraph explanation. She lets people in and doesn't spiral about it after. This is what it actually feels like on the other side of protector-mode

I trust my inner knowing.

This isn't some unreachable, mystical version of womanhood reserved for the "healed." She is built the exact same way the others were - through awareness, repetition, and enough self-compassion to stop fighting your own parts and start listening to them.

One thing to try: Notice, without judgment, which of the other five still shows up on your hardest days. She hasn't disappeared. She's just not the one running the show anymore.

The Woman Within

NOW THAT YOU'VE MET...

Here's what's true for *every single woman* who took this quiz: none of these parts are the enemy. They all showed up for a reason, and they all did their job at some point, better than anything else could have.

These parts don't need to be fixed, shamed or forced out. Just think about that for a second - you've probably spent *years* trying to talk yourself out of these patterns. You've been trying to "just stop" freezing, "just stop" doing too much, "just stop" controlling everything... And it's *never* worked. You can't force out a part of you that's only ever simply trying to help.

So here's where things get to change: stop trying to get rid of her and start working with her instead.

That means noticing her without judgment, and asking her what she's actually afraid will happen if she steps back. It means thanking her for how hard she's worked to keep you safe... and then showing her that what used to be dangerous isn't dangerous anymore. You show her that you're not the same woman who needed her this much, and that it's safe to loosen her grip a little.

This is the actual work. Building an honest, compassionate relationship with all the versions of yourself that have been quietly running your life, so they can finally work *for* you instead.

What's on the other side of that relationship is the change you keep *almost* making. The love you keep *almost* letting in. The rest you keep *almost* allowing yourself. The dream life you keep *almost* building, right up until an old, familiar fear pulls you right back to what's safe and known. Every single one of those "almosts" has one of these parts standing in the doorway and when you learn to work with her instead of against her, that doorway opens.

You don't have to do that part alone, either. Come and tell me your result over on Instagram @with_temma. DM me your letter and I'll send you a voice note back.

The Woman Within

FOR MORE ON PROTECTOR PARTS:

Self Discovery Gal Podcast

Episode 79: The Woman Who Wants to Change... But Can't

Episode 80: The Woman Who Holds Everything Together

Episode 81: The Woman Who Never Feels Like She's Doing Enough

Episode 82 The Woman Who Pushes Love Away

Episode 83: The Woman Who Tries to Control Everything

Episode 84: The Woman Who Already Knows

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